

INTERFAITH Caregivers GREATER MERCER COUNTY



In January, the Board of Trustees appointed Linda Gyimoty as Executive Director. With a Master's Degree in Psychological Counseling, Gyimoty has worked for over 30 years with and for vulnerable children, adults and families. Most recently, as the Executive Director of United Way of Ocean County, Gyimoty helped to coordinate critical disaster relief and recovery services, including aid to those families most impacted by Superstorm Sandy.

THE BATON IS PASSED

On February 12th we celebrated Jane Latini as she retired from ICGMC.

Jane worked tirelessly for nine years to advance the mission of Interfaith Caregivers of Greater Mercer County, beginning in 2008 as Volunteer Manager and then as Executive Director from 2012 to 2017.

Her impact on our coalition and community has been immense. Among her many contributions was the growth in programs including:

- Project Healthy Bones launched and now offered in five locations.
- Care-receivers served grew 59%.
- Active volunteers up 71%; volunteer hours up 115%.
- Overall funding grew 72% from 2011 to 2016.

We are grateful that Jane continues to share her special gifts with us as an RSVP volunteer caregiver.

Our mission is to promote the independence, dignity, and wellness of homebound elderly and people with disabilities by matching them with supportive and caring volunteers who assist with the tasks of everyday life.

PARTNERSHIP WITH YOUNG PROFESSIONALS



The Young Professionals Connective (YPC) is a social and business networking group affiliated with the Midjersey Chamber of Commerce. Each year, the YPC selects a NonProfit Partner, dedicating the entire calendar year to

volunteering and fundraising for the chosen organization. ICGMC is honored to be YPC's 2017 partner.

“As young professionals we jumped at the chance to help and give back to a generation that has given so much to us,” says YPC co-chair Diana Pursell. In addition to fundraising efforts for ICGMC, the YPC will be providing volunteers and marketing support for our 10th annual Shining Lights Awards Gala in October.



Proceeds from the hole sponsors and putting contest at YPC's recent *6th Annual Unwind With Nine* golf outing at the Gambler Ridge Golf Club benefit Interfaith Caregivers of Greater Mercer County.

WITH GRATITUDE

We gratefully acknowledge the following gifts and grants of \$500 or more, received since November 2016, which enable Interfaith Caregivers of Greater Mercer County to provide services to our care-receivers.

Anonymous
Bank of America Workplace Giving
Bristol-Myers Squibb Company
Leonard Berzinski
The Blanche & Irving Laurie Foundation
Bunbury Fund
Elizabeth Carmalt
Curtis W. McGraw Foundation
Sally Fullman
John Grimaldi
Geraldine Anne LaPlaca
Elizabeth McIntyre
Debra Rockwell
The Fred C. Rummel Foundation
Galaxy Glass Corporation, Inc.
Henry E. Niles Foundation, Inc.
Horizon Foundation for NJ Matching Gift Program
Investors Bank
The Ivy League Educational Foundation, Inc.
The Karma Foundation
Lawrence Township Community Foundation, Inc.
The Lebensfeld Foundation
The Lillian Pitkin Schenck Fund
Mary G. Roebling Foundation, Inc.
Mercer County Office on Aging
Robert Wood Johnson Matching Fund
The Rose and Louis H. Linowitz Charitable
Foundation, Inc.
Patrick and Elizabeth Solan
The Wallerstein Foundation

Consider supporting our life-affirming mission with a tax-deductible donation.

MAIL Send check payable to ICGMC, to 3635 Quakerbridge Road, Suite 16, Hamilton, NJ 08619
PHONE Call us at 609-393-9922 during normal business hours
ONLINE go to icgmc.org/donate



MERCER COUNTY SALUTE TO SENIOR CORPS

On April 4, 2017—National Service Recognition Day—we sponsored an event in Trenton, hosted by the MIDJersey Chamber of Commerce and joined by Mercer County officials, to thank SeniorCorp volunteers.

ICGMC is proud to partner with the Corporation for National & Community Service as the Mercer County sponsor for RSVP, a SeniorCorps program for volunteers age 55 and up.



(Pictured, left to right) Marty Flynn, Director of Technology and Economic Development (representing Hamilton Township Mayor Yaede); Andrea New, ICGMC RSVP Program Director; Eric Jackson, Mayor of Trenton; Kathy LoBue, ICGMC Board Chair; Dr. David Maffei, the Mayor of Lawrence; Shing-Fu Hsueh, Mayor of West Windsor; Ann Cannon, Mercer County Freeholder; Linda Gyimoty, ICGMC Executive Director.

“Without your services I’m not sure if I could continue to live independently”

ICGMC care-receiver

Volunteer Recognition Dinner

Honoring those who serve homebound seniors and adults with disabilities.

In observance of national volunteer month, we celebrated our faithful caregivers, group leaders, peer leaders, event and administrative assistants on April 27, 2017. 180 volunteers and friends of ICGMC gathered for a dinner at Mercer Oaks where they were treated to a presentation by J.I. Willett, best-selling author of *Affairs of the Heart*.



In her remarks, ED Linda Gyimoty noted that over 50% of all ICGMC care-receivers are over 80 years old; most live alone and are experiencing considerable economic hardship. “We help these neighbors live independently with dignity because you, our volunteers, are here for them.”

And the need for that help continues to grow. The number of care-receivers served by ICGMC has increased 59% since 2012. Thankfully, our corps of group leaders and volunteer caregivers has grown 71% over the last five years.

Gyimoty also shared an appreciation of the Project Healthy Bones Peer Leaders, who run seven classes at five locations around Mercer County, providing exercise and osteoporosis prevention education.



Volunteer Recognition Dinner
made possible by generous support from

Inspiration Sponsors

Glen Eagle Advisors, LLC

Stark & Stark

Sunlight Sponsors

Anita's Angels, Inc.

LIFE St. Francis

St Gregory the Great

Trentypo



HELP WANTED

Seeking musically proficient volunteers to participate in our expanding Home Song Ministry out reach.

Put your vocal or instrumental gifts to service during friendly visits to our homebound neighbors in greater Mercer County. Our elderly and disabled care-receivers let us know what kind of music they like and we try to match with a volunteer singer/musician. We also provide training for volunteers in caregiving skills as well as musical coaching. For more information about the Home Song Ministry contact Walt Borys at 609-553-0319.

VOLUNTEER UPDATES

NEW VOLUNTEERS

We are delighted to welcome the following individuals to our dedicated corps of volunteers.

Marie Allen
Varsha Ayyalapu
Lena Bijacsko
Anthony A. Bonomo
Veronica Chiarello
Sandra J. Conville
Susan M Cosma
Barbara A. Coyle
Linda K. D'Errico
Maxine Finger
Elizabeth Maria
Formantes
William Foster
Joan O. Fredericks
Deborah H. Gainer
Mark Goldman
Benjamin Goldstein
Mary Ellen Haines
John S. Halajko
Maya Haynes
Alan J. Hendry
Layvonne Hodge-
Haughbook

Jessy King-Ndsi
Melva Moore
James Morley
Susan E. Mottley
Richard O'Grady
Usha Patlolla
Robert Porzio
Judith A. Prybyla
Carolina Querro-Peralta
Faith Rafalski
Norman Gregory Snyder
Teresa Stimpfel
Patricia A. Swartz
Irene Terry
Sue Tillett
David Van Sise
Andrea Vivanco
William Vogt
Katherine Walden
Haijia Wang
Judith Wright

VOLUNTEER TRAINING

Training sessions take place twice each month from 10 am - 12 pm at the ICGMC office.

TUESDAYS

July 11
August 8
September 12
October 10
November 14
December 12

SATURDAYS

July 15
August 12
September 16
October 14
November 18
December 16

Learn more: icgmc.org/volunteer

STAY IN TOUCH

Like most nonprofits, we are using electronic communication channels more and more to keep you informed about events and activities. That's because it is much more cost-effective and timely than regular mail. Here are some simple steps you can take to make sure we stay in touch.

EMAIL

- Notify ICGMC of changes to your email address
- Make sure email messages from ICGMC are not going to your spam box
- Open and read email messages from ICGMC

FACEBOOK



Not only can you stay up-to-date on events and get useful information on our Facebook page, but you can also serve as an ambassador for our mission by responding to our posts.

- Follow facebook.com/icgmc
- *Like, Comment* on and *Share* our posts
- Indicate that you are *Interested* in our events

Interfaith Caregivers of Greater Mercer County
609-393-9922
icgmc.org
info@icgmc.org

PROGRAM UPDATES

NEIGHBORS HELPING NEIGHBORS

In addition to helping with everyday tasks, volunteer caregivers offer companionship and compassion to our homebound neighbors.

311 caregivers

5,990 hours of service

330 care-receivers

January 1 to March 31, 2017

PROJECT HEALTHY BONES

1,291 class hours of education and exercise were provided from January 1 to March 31, 2017.



In January, we expanded the reach of our osteoporosis prevention program to northern Mercer County. A new class now meets on Wednesday afternoons at the Lawrence Township Senior Center.

Learn more: icgmc.org/project-healthy-bones



115 RSVP volunteers provided 2,295 hours of services from January 1 to March 31, 2017.



We caught up with Dawn Crutchley and Bridget Oshman: RSVP volunteers, co-workers at Trap Rock Industries and childhood friends.

How did you become volunteers at Interfaith Caregivers of Greater Mercer County?

Dawn: About three years ago Jane Latini spoke at my church, Incarnation St. James, about volunteer caregiving. I was inspired by what she said and felt like it was a good time in my life to do this.

Bridget: Dawn would come into work telling stories about her volunteer work and I was moved by her experience. I've lost both my parents, so having an elder care-receiver fills a need for me as well.

What's it like being a volunteer caregiver?

Dawn: ICGMC makes a point of finding good matches between the caregiver and care-receiver. And you know it's working when both are getting something out of the relationship.

Why do you make time in your busy lives to do this?

Bridget: Well, it grounds you and puts your own life in perspective. Mostly, because I feel that I am truly helping someone in need.



AGE OUT LOUD: MAY 2017

On May 17, 2017 we celebrated Older Americans Month at a luncheon that included a presentation by Dr. Eric Jaszewski of Lawrence Family Chiropractic on “Living to 100”.

Older Americans Month is an annual, national celebration lead by the Administration for Community Living, which fosters the idea that older adults and people with disabilities of all ages should be able to live where they choose. The theme for Older Americans Month this year is “Aging Out Loud” to give aging a new voice and raise awareness of vital aging issues.



LIVING TO 100

Here are Dr. Jaszewski's guidelines for a long and healthy life.

Key Indicators for Longevity

- Positive attitude
- Healthy diet
- Moderate exercise
- Clean living (i.e. limit alcohol and tobacco)
- Live independently
- Family
- Good genes
- Friends
- Stay mentally active
- Faith/spirituality

Big 4 Nutrients for Longevity

VITAMIN D

- Strengthens bones and teeth, protects against cancer
- Available through sunlight exposure (avoid sunburn)

- Get blood level checked, 50-70 ng/ml recommended
- If needed, take 8,000-10,000 units per day

DHA (OMEGA-3 FAT)

- Lowers risk of heart disease, improves brain function
- Fish oil is main source. Since fish may contain mercury, it is advisable to take 1500 ml of molecularly-distilled supplements daily.

FOLATE (VITAMIN B-9)

- Decreases depression and increases red blood cells
- Found in egg yolks, sunflower seeds, avocado, broccoli, parsley and dark leafy greens.*

MAGNESIUM

- Promotes brain function and protects neurons
- Found in dark leafy green vegetables, seaweed, flax seed, almond butter and pumpkin seeds.*

*Folate and Magnesium are best acquired from food sources. If that is not possible make sure to take a whole-food source supplement rather than synthetic vitamins.

INTERFAITH
Caregivers
GREATER MERCER COUNTY

3635 Quakerbridge Road, Suite 16
Hamilton, NJ 08619

RETURN SERVICE REQUESTED

NONPROFIT ORG
U.S. POSTAGE
PAID
TRENTON, NJ
PERMIT NO. 371

BOARD OF TRUSTEES

Kathy Anne Lo Bue, Chair
Robert F. Morris, Esq., Vice Chair
Elizabeth Solan, BSN, MPH, Secretary
Maureen Cozzi, Treasurer
Kathryn R. Kuhnert Aumack
Loretta R. Kuhnert
Michelle Robb, CPA
Mary L. Singletary
Christine M. Fares Walley

ADVISORY BOARD

Rev. Darrell Armstrong
The Honorable Ann M. Cannon
Norma L. Carmichael
Rosemary Durkin, Esq.
Rosemary C. Frascella, M.D.
Jay Greenberg
Paul Jellinek
The Very Reverend Rene Rory John
Sondra G. Obstein
Patricia O'Neill
Rev. James Pruner
JoAnn San Paolo, RN, BSN, MSN

INTERFAITH
Caregivers
GREATER MERCER COUNTY

invites you to
an evening of music and celebration

**SHINING
LIGHTS**

**10TH ANNUAL
AWARDS GALA**

Featuring Ciarán Sheehan

October 12, 2017